

Tips for Parents of Preschool Children



is for Grape

Produce Tips

- Look for firm, plump, brightly colored clusters of grapes.
- Fresh grapes stay good for two to three days in the refrigerator.
- Wash grape clusters under gentle spray of water, drain and pat dry.
- Cut grapes with seeds into halves and carefully scoop out seeds.

Nutrition Facts

Serving Size: 1 cup seedless, (151g)	
Calories 104	Calories from Fat 2
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 27g	9%
Dietary Fiber 1g	5%
Sugars 23g	
Protein 1g	
Vitamin A 2%	Calcium 2%
Vitamin C 27%	Iron 3%

Source: www.nutritiondata.com

Recipe

CHICKEN-GRAPE PASTA

Makes 4 servings at 4 pockets each

Ingredients

- 1 ½ cups seedless grapes, halved
- 1 cup cooked chicken, diced
- ¼ cup lowfat yogurt, plain
- ½ cup celery, chopped
- 1 tablespoon green onion, sliced
- 1 teaspoon Dijon mustard
- 16 jumbo shell macaroni, cooked and drained

Preparation

1. Combine grapes, chicken, yogurt, celery, green onion, and mustard. Mix well.
2. Stuff mixture into shells (pockets) and serve.

Nutrition Information Per Serving:

Calories 254, Carbohydrates 42 g, Protein 17 g, Total Fat 3 g, Saturated Fat 1 g, Cholesterol 31 mg, Sodium 62 mg, Dietary Fiber 3 g

Adapted from:

Harvest of the Month, http://www.harvestofthemonth.com/download/Summer/Grapes/Grapes_Fam.pdf



For important nutrition information, visit www.cachampionsforchange.net. For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.

What Should Parents Know About Children?

Snacks can be a great source of nutrients for children.

- Excellent nutritious snacks are foods like fruits, vegetables, whole grains, breads, cereals, or nuts.
- Limit the number of snacks per day. A general guide is 2-3 snacks per day.
- Offer a variety of snacks. Variety ensures that children get the needed nutrients.
- Always have fruits and vegetable, and other healthy snacks ready for your child to eat.

Family Activity

Engage young children in fun physical activities.

- Walk like a penguin, hop like a frog.
- Bend at the waist and touch the ground.
- Walk with hands forward and inch along like a caterpillar.
- Listen to music and make circles with hands up, side, and front.



**University of California
Cooperative Extension in Alameda County**
1131 Harbor Bay Pkwy, Ste. 131
Alameda, CA 94502
Ph: 510-567-6812 ■ Fax: 510-748-9644
<http://neta.ucdavis.edu>



Tips for Busy Early Childhood Professionals

G



is for Grape

- Grapes are red, deep purple, or green and are very juicy and sweet.
- They can be eaten fresh, or used to make juice, jellies, jams, and raisins.
- Grapes are an excellent source of vitamin C.

Photos: Network for a Healthy California

For more information, visit:

www.harvestofthemonth.com
www.fruitsandveggiesmatter.gov

Bird Nest Snack

Makes 25 tastes at ¼ cup each.

Ingredients:

- 6¼ cups carrots, shredded (about 6 large carrots)
- 50 grapes **
- ½ cup lowfat French salad dressing

Supplies:

- Vegetable peeler and grater (for teacher)
- 1, ½, and ¼ cup measures
- Colander, mixing bowl, mixing spoon
- Serving plates, plastic spoons

Preparation:

- Ask children to wash carrots.
- Teachers peel and grate carrots into a bowl.
- Add salad dressing to carrots and mix.
- Place about ¼ cup of carrot mixture in the center of each child's plate. Make a hollow in the carrot nest with the back of a spoon.
- Place grapes, 2 per child, in carrot nest to look like eggs. Serve.

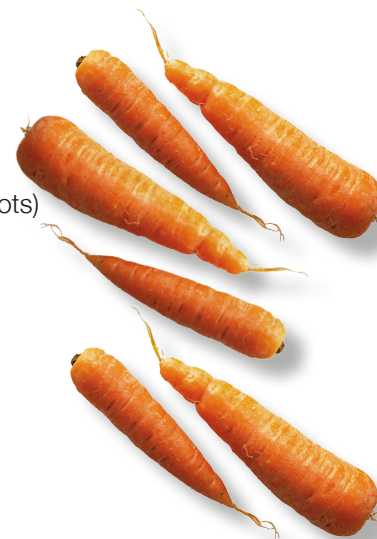
** Cut grapes in half for children under age 3.

Nutrition information per serving:

Calories 30, Carbohydrate 6 g, Protein 0 g, Total Fat 1 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 60 mg, Dietary Fiber 1 g

Adapted from:

Team Nutrition Iowa, http://healthymeals.nal.usda.gov/hsmrs/Iowa/Physical_Activities_%20Healthy_Snacks.pdf



Cooking in the Preschool Classroom

provides many benefits to children

- They can count grapes and help assemble the snack.
- All children can help clean up.
- They can mix salad dressing and arrange grapes.



Food Safety and Sanitation

- Wash carrots and grapes before preparing.
- Wash hands before preparing and tasting recipe.

Create a Child-Friendly Environment

Involve children in setting the table with herbs and flowers from the garden.

Activity:

Good Vibrations

Children will learn about the many varieties of grapes and practice their observation skills.



MATERIALS

- Experiment with different sounds (open faucet, dripping water, shake water, drops of water, pebbles dropped in water).
- One small plastic bowl, half-filled with water for each pair of children.
- Different colored grapes.
- Ping-pong balls, large pebbles or medium stones and droppers
- Make a chart with the name of all the items. Have two columns, labeled “sound” and “no sound.”

WHAT TO DO NEXT?

1. **Before children arrive:** Prepare all the items for the experiment. Divide grapes into small clusters.
2. **Circle time:** Ask the children to make one sound (fast airplane, rain, faucet dripping water, storm, ocean waves). Ask the children to make some waves with their hands. Explain that sound is made up of waves that move through the air.
3. **Experiment:** Teacher will open the faucet, let the faucet drip water, shake water in a bottle, and use a dropper to drop water onto a cup. Ask children to be absolutely silent to listen to the sounds.
4. **Place** a small bowl half-filled with water at the table where the pairs are sitting down. Ask children to be absolutely silent and listen to the sounds.
5. **Divide** children into groups of two. Give each a small cluster of grapes of one color at a time. Explain that California grows grapes of different colors and tastes.
6. **Make sounds:** Each pair of children will drop one grape at a time and listen to the sounds. Ask them to watch if the water makes waves when the grapes hit. Ask them to keep dropping more grapes (1, 2, 3, 4, etc.) into the water and listen whether the sounds get higher when there are more grapes in the bowl of water.
7. **Experiment** with other items. Try the same experiment with the ping pong balls and large pebbles. Compare the sound and waves. Ask, “What are the differences?”
8. **Record** in the chart. Make a drawing of each item used to make sounds. Ask each group to report the sounds of each of the items they used. Place an “X” for noise and a “Y” for no noise.
9. **Cooking:** Have children wash hands and help prepare and taste the recipe from the front page.



Connections to California Department of Education Child Desired Results: 3 Years to Pre-K

Activity: CDR 1: Self-Regulation 9, 10, 11; Language 12, 13, 14, 15; CDR 2: Learning 16, 17; Cognitive Competence 18, 19; CDR 3: Motor Skills 35

Cooking in the Classroom: CDR 1: 9, 10, 11; CDR 4: Safety and Health 39



For important nutrition information, visit www.cachampionsforchange.net. For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.